

KENTUCKIANA
LACTATION
IMPROVEMENT
COALITION

United States
Breastfeeding
Committee/
CDC Conference
Calls

WESTERN KENTUCKY
BREASTFEEDING
COALITION

6th Annual Conference

Featuring
Dr. Niles Bergman, MD
and
“The Science Behind Skin-to-
Skin Contact”

Friday September 12, 2008

Louisville Presbyterian Seminary
Laws Lodge and Conference
Center
Louisville, KY

For information:
Barbara.Ruedel@louisvilleky.gov
502-574-5279

Conference calls are held
every two months (in even
numbered months) on the
second Tuesday of the
month, 2:00—3:30 pm
Eastern Time.

Purpose: To bring
together state coalitions
for the purpose of
networking and
collaborating on issues of
national significance.

Two locations:
Franklin County Cooperative
Extension, Frankfort
or
Lourdes Hospital, Paducah

8th Annual Conference

Featuring
Marianne Neifert, M.D., M.T.S.
known as “Dr. Mom” and
author of *Dr. Mom’s Guide to
Breastfeeding*

Friday August 1, 2008

The Carson Performing Arts
Center
Paducah, KY

For information:
KellyL.Alsip@ky.gov
270-444-9631

ISSUE 1 ■ VOLUME 2 ■ 2008

Breastfeeding Kentucky

GOING GREEN WITH BREASTFEEDING
Louisville celebrates Earth Day

LOUISVILLE, Ky. – Go Green. Louisville public health officials urged families to help the city “go green” during their Earth Day Celebration April 21, 2008.

Health professionals and other breastfeeding advocates discussed the many ways breastfeeding supports the environment. Dr. Troutman, Director of Louisville Metro Health Department, addressed the audience explaining the natural way breastfeeding helps protect the environment.

Barbara Ruedel, RD, LD, IBCLC, RLC used the visual aid of cans of formula to show how much waste is generated by not breastfeeding. The total for powder came to 96 cans per year at a **minimum**.

WIC mom, Aletcia Smith, spoke about how important it was for her baby to breastfeed despite the challenges of working full-time as a pharmacy tech.

Consider promoting breastfeeding in your part of the state by explaining the benefits for the environment. Two great references to use when discussing breastfeeding and the environment are: Breastfeeding: Nature’s Way, International Lactation Consultant Association and Breastfeeding and the Environment, Mothering Magazine (Issue 97), 2007.



Dr. Adewale Troutman,
Director, Louisville Metro Health
Department



Aletcia Smith, WIC
breastfeeding mom

What’s Inside:

BREASTFEEDING
REPORT CARD
PAGE 2

NUTRITION AND
BREASTFEEDING
CONFERENCE
PAGE 3

LACTATION
INTERNSHIP PROGRAM
PAGE 3

UPCOMING
CONFERENCES
PAGE 4

NEWSLETTER OF
THE KENTUCKY
STATE
BREASTFEEDING
COALITION



Becky Derifield
Nutrition Services Branch
Division of Adult & Child Health Improvement
275 East Main St HS2W-D
Frankfort, KY 40621

Newsletter Editor:
Michele Burton, RD, LD, CLC
Burton.Michele@gmail.com
270-217-1766



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.



Breastfeeding Report Card

The CDC, in conjunction with the U.S. Department of Health and Human Services, recently released the 2007 edition of the *Breastfeeding Report Card*. The information contained in this report card shows where states have had success and also shows where more work is needed. As part of the report card, each individual state has a state profile. That profile gives specific information about each of the “indicators” from the report card. These indicators are measures of a state’s ability to protect, promote, and support breastfeeding.

The *Breastfeeding Report Card* has five “outcome”

indicators that are derived from *Healthy People 2010* Breastfeeding Goals (see chart below).

In addition to the “outcome” indicators, the report card also has eight “process” indicators that are elements of breastfeeding-friendly communities. These eight process indicators represent five types of support (see “process indicators” below).

Each indicator included in the *Breastfeeding Report Card* is something that can be measured accurately. Changes in any given indicator should represent a change in the way that breastfeeding is protected, promoted, or supported.

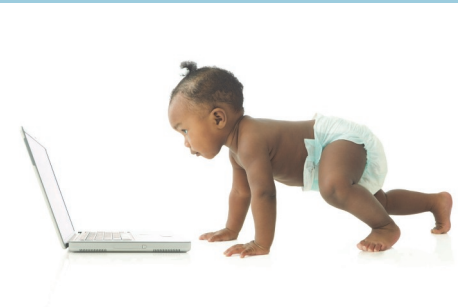
We can use this data in many ways:

- To help tell the story of breastfeeding in Kentucky.
- To celebrate our successes.
- To identify good opportunities for growth and improvement in breastfeeding protection, promotion, and support statewide.

The full report can be found at: www.cdc.gov/breastfeeding/data/report_card.htm.

In addition to the data contained in the *Breastfeeding Report*

Card, statistics are also available for each hospital in Kentucky with a labor and delivery department. This data was collected from birth certificate files and is available for 2004-2006. This information can be obtained by contacting Becky Derifield: 502-564-3827 ext.3815 or e-mail: Becky.Derifield@ky.gov.



Outcome Indicators

Healthy People 2010 goals	Kentucky	U.S.
Ever breastfed: 75%	59.1%	73.8%
Breastfeeding at 6 months: 50%	26.4%	41.5%
Breastfeeding at 12 months: 25%	14.4%	20.9%
Exclusively breastfeeding at 3 months: 40%	25.3%	30.5%
Exclusively breastfeeding at 6 months: 17%	7.5%	11.3%

Source: CDC. National Immunization Survey, 2004 Births. Washington, DC: U.S. Department of Health and Human Services: 2007

Process Indicators

Hospital Support

- Number of facilities designated as Baby-Friendly in KY = 1
- Percentage of live births in the state occurring in Baby-Friendly facilities = 5.69%

Professional Support

- Number of IBCLCs in KY = 110
- Number of IBCLCs per 1,000 live births = 1.95

Mother-to-Mother Support

- Number of LLL groups in KY (2006) = 17
- Number of LLL mother-to-mother groups per 1,000 live births in the state = 0.30

Legislation

- State legislation about breastfeeding in public places = Yes
- State legislation about lactation and employment = No

Infrastructure

- State Health Department Breastfeeding Coordinator: Becky Derifield
- State Coalition: Yes
- Coalition Web Site: www.fitky.org (Click on “breastfeeding” link)

Nutrition and Breastfeeding Conference

The National WIC Association welcomes you to the 7th Biennial Nutrition and Breastfeeding Conference—*WIC:Race for the Gold Standard*.
September 23-25, 2008
Galt House Hotel
Louisville, KY

This conference brings together the nation’s leading nutrition and breastfeeding experts to inform you of the latest in nutrition and breastfeeding science and practices for the mothers and children served daily in WIC.

For more information, including registration procedures and tentative program schedule, please visit <http://nwa2008.com/kentucky/home/html>.

Join us for this exciting educational opportunity!

NWA is applying to the Commission of Dietetic Registration for credits for Registered Dietitians and to the International Board of Lactation Consultant Examiners (IBCLE) for L-CERPS and R-CERPS.

NATIONAL WIC ASSOCIATION
Your Child Has You. And You Have WIC.

Lactation Internship Program

The University of Kentucky Medical Center and the Kentucky Children’s Hospital provides a program for persons interested in gaining clinical experience in lactation to better serve breastfeeding patient’s needs.

Under the direction of a team of International Board Certified Lactation Consultants, individualized clinical rotations are offered in the following areas: Prenatal clinics, L/D, PP, NBN, out patient, acute care

pediatrics and in our level 3 NICU. These internships are designed to provide an in-depth experience in the management of lactation and a variety of experiences based on the intern’s current level of knowledge and experience. Basic formal lactation education is a prerequisite.

Clinical Internship: Provides 100

direct mentored hours by lactation consultants certified five years or longer and requires additional 100 hours



for clinical experience. This qualifies participants for 600 clinical hours towards the IBCLC exam.

Cost is \$2,000.00 for 200 clinical hours. There is a 50% discount for state employees. A payment plan for tuition is available.

Contact person: Gaye Whalen MSN, IBCLC. 859 -323-4880 or mgwhal2@email.uky.edu